



Brown Rice Pilaf

Makes: 4 servings

Parsley, almonds, and spices spruce up this brown rice dish.

Ingredients

1 1/2 cups brown rice

3 cups water

1/4 cup almonds (chopped)

1 teaspoon parsley (dried)

1/2 teaspoon garlic powder

1/4 teaspoon black pepper

Directions



1. Place all ingredients in a rice cooker and cook until the water evaporates, about 30 minutes.

Nutrition Information

Nutrients	Amount
Calories	304
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	19 mg
Total Carbohydrate	55 g
Dietary Fiber	5 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	8 g
Vitamin D	0 IU
Calcium	50 mg
Iron	1 mg
Potassium	162 mg

N/A - data is not available

MyPlate Food Groups

	Grains	2 1/2 ounces
	Protein Foods	1/2 ounce

2. Fluff cooked rice with a fork.

Notes

This dish goes very well with fish and chicken. Add a large green salad to complete the meal. The dish may be made on the stovetop as well but may require more water.

Source: Food and Health Communications, Inc., Visit Website